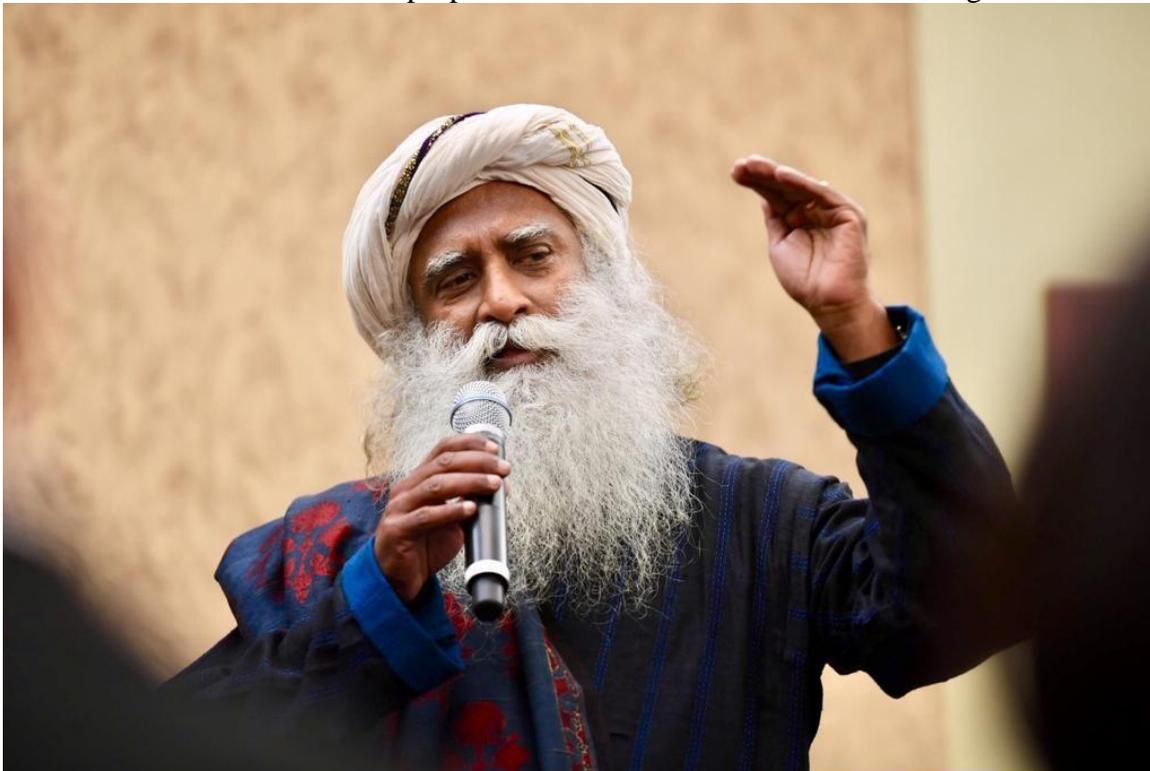


# Sadhguru's Quotes on Life, Yoga and Meditation That Will Help Bring You Peace



Maybe, you are Doctor, Engineer or holding any position in life but at some point, you are searching for a mentor or enlightened logic to realize the mysticism of life or liberation of your infinite negativity. In Humanity, the greatest revolution is the part of self-realization that also called inner engineering by [SADHGURU](#). This is the man who is known for his wisdom, orator, yoga, and self-realization.

He is a master of spiritualism, good author, a [good speaker](#) and always ready to help the human society. He is also a founder of “[The Isha Foundation](#)” and busy in many social programs around the world, education, yoga, and working for the environment. He is an author of more than 100 books. [Jaggi Vasudev](#), who is popularly known by [SADHGURU](#) in the world. He was born in **Mysuru, Karnataka, India**. His father was a doctor in Indian railway and finished his schooling from Demonstration School, Mysore. He is an English graduate from Mysore University. He was 25 years old when he has experienced the [spiritual life](#) on **Chamundi Hill**, Mysore then he tried to rethink and recreate the purpose of life and world has witnessed his good work today.



He started teaching yoga then he became a yoga guru. After a few years, he wants to make yoga on world canvas and created [ISHA FOUNDATION](#) which dedicated to the world. It is a complete system that integrates the core of yoga science. He started this foundation in 1992 and today it has been spread

around the world. It is a non-religious organization where everything managed by volunteers. There are 5.5 million volunteers in **ISHA**.

**Sadhguru** has participated in world-leading stage and contributed their wisdom and lighted on the vision of inner humanity. Currently, he is a special advisor in united nation's economic and social council. He was voted for top 100 most powerful Indian for [environmental protection](#).

A great design has been given by him as a **Statue of Adiyogi**. It established in ISHA Foundation. It depicts Lord Shiva as fist yogi of the universe who given yoga to the world and it has been documented as "**Largest Bust Sculpture in the world**" by Guinness World Records.



#### [Statue of Adiyogi](#)

He loves nature very much since childhood. You can understand by his incentive **PROJECT GREEN HAND**. Its aim to cover 10% area of Tamil Nadu and successfully completed his work. He loves traveling, motorcycling and practicing **YOGA** from an early age.

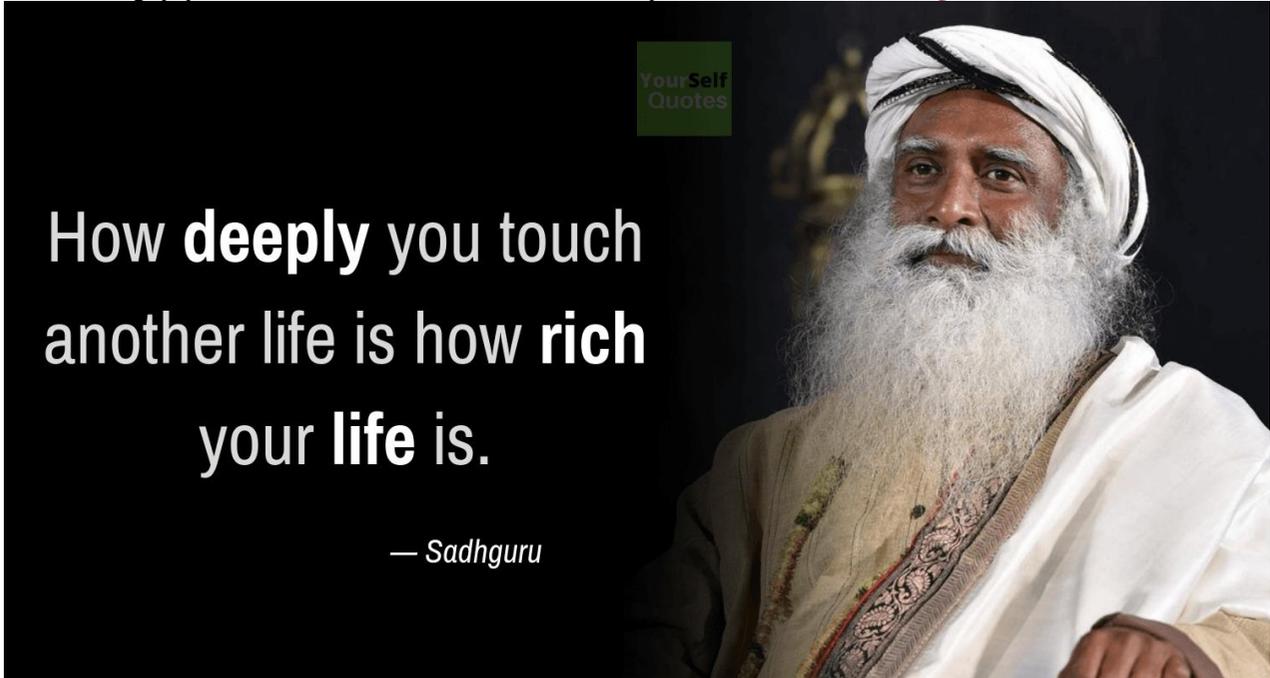
Again, Million volunteers in ISHA. e comes up with a new project called **Rally for Rivers** where he and his teams are working on the river to revive this natural resource of water.

A government of Indian has recognized his work and contribution to the society, given a greatest civilian award **Padma Vibhushan** award in 2017 by a president of India.



## Sadhguru Quotes

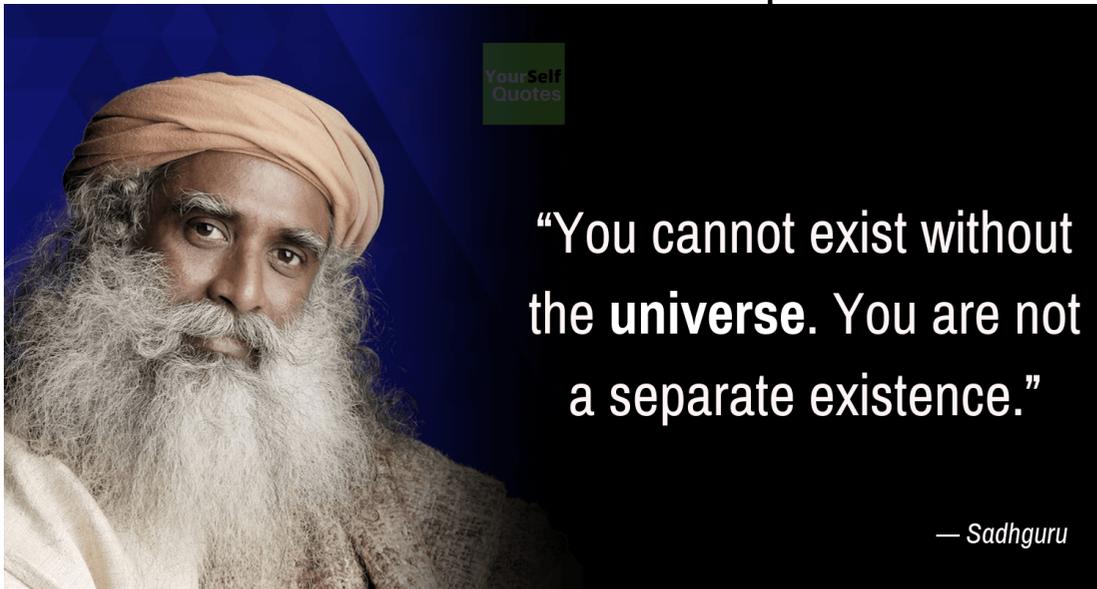
“How deeply you touch another life is how rich your life is.” — **Sadhguru**



How **deeply** you touch  
another life is how **rich**  
your **life** is.

— Sadhguru

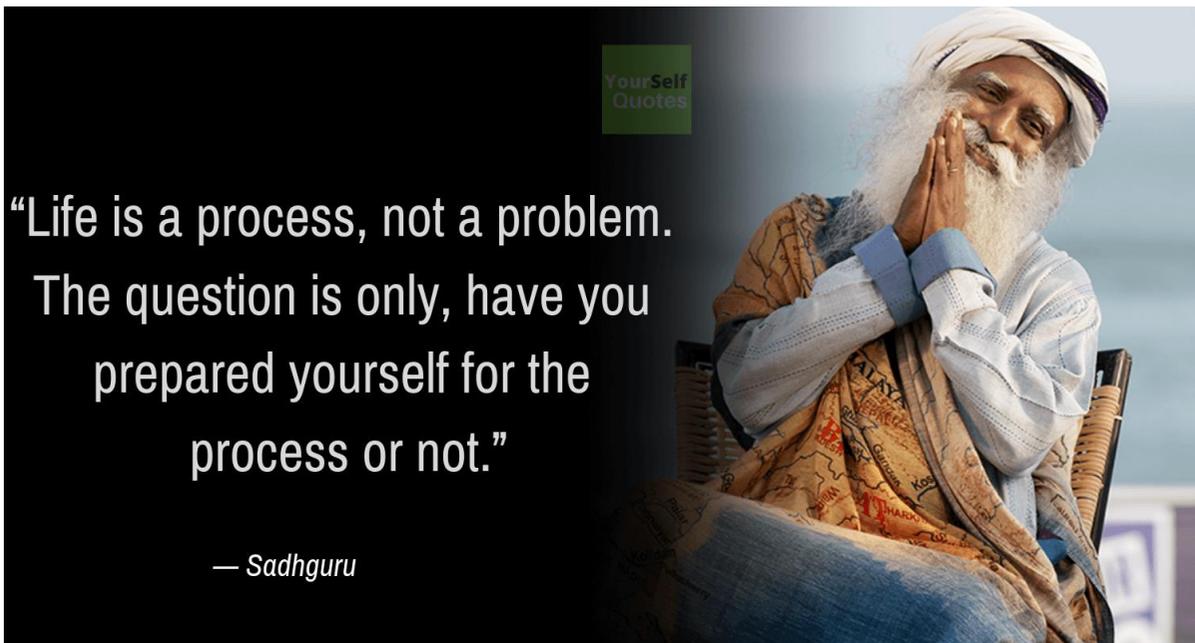
“You cannot exist without the universe. You are not a separate existence.” — **Sadhguru**



“You cannot exist without  
the **universe**. You are not  
a separate existence.”

— Sadhguru

“Life is a process, not a problem. The question is only, have you prepared yourself for the process or not.” — **Sadhguru**

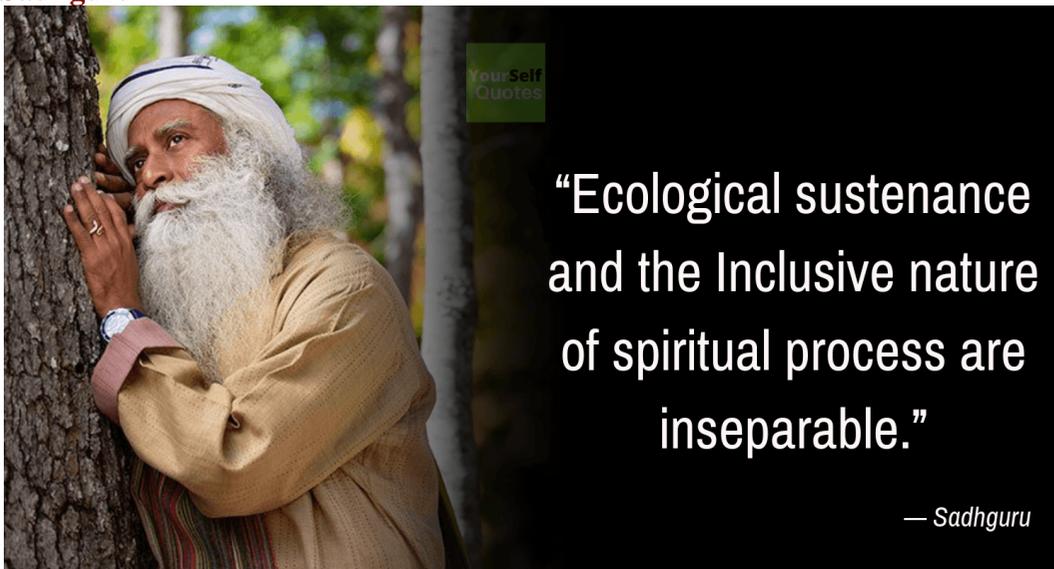


YourSelf  
Quotes

“Life is a process, not a problem.  
The question is only, have you  
prepared yourself for the  
process or not.”

— Sadhguru

“Ecological sustenance and the Inclusive nature of spiritual process are inseparable.” — **Sadhguru**

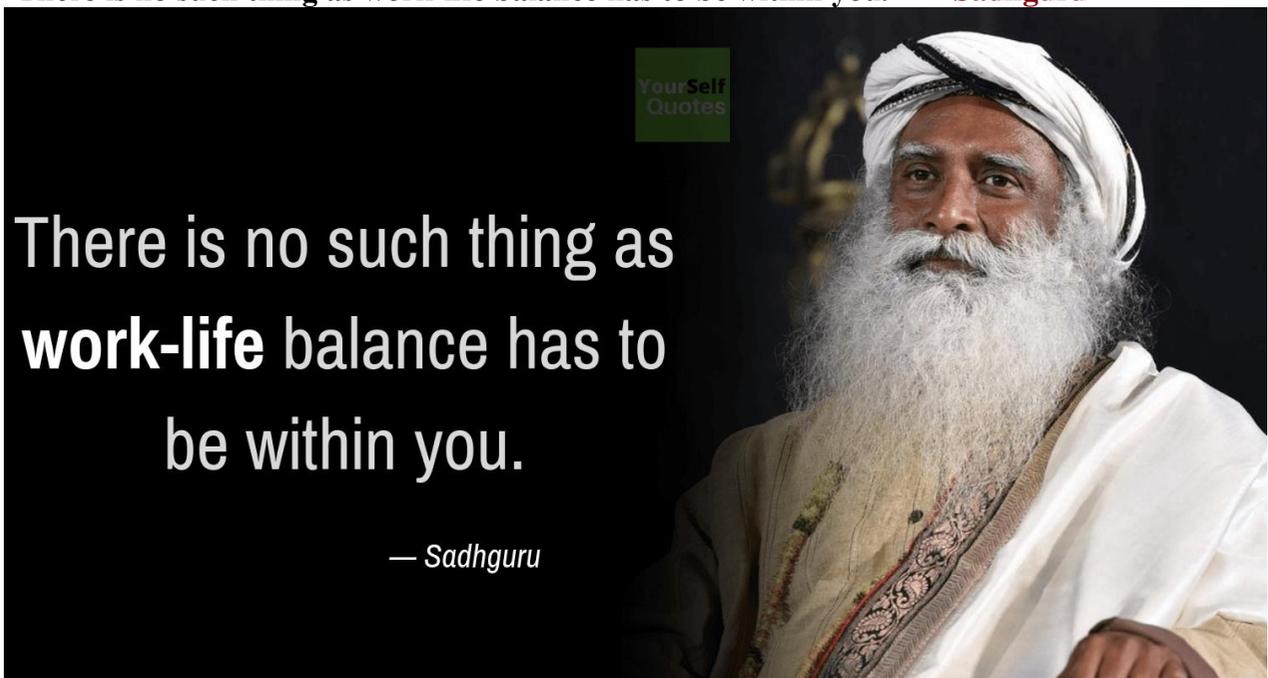


YourSelf  
Quotes

“Ecological sustenance  
and the Inclusive nature  
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— Sadhguru

“There is no such thing as work-life balance has to be within you.” — **Sadhguru**

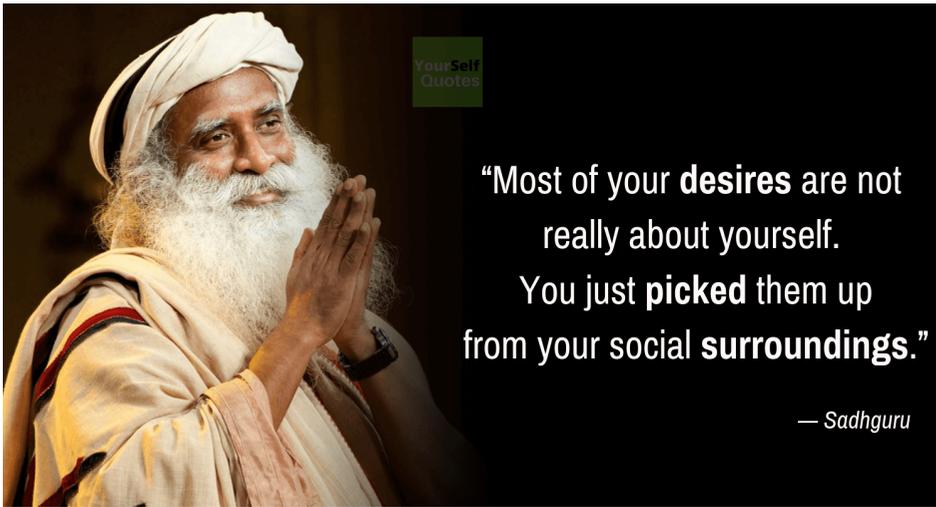


YourSelf  
Quotes

There is no such thing as  
**work-life** balance has to  
be within you.

— Sadhguru

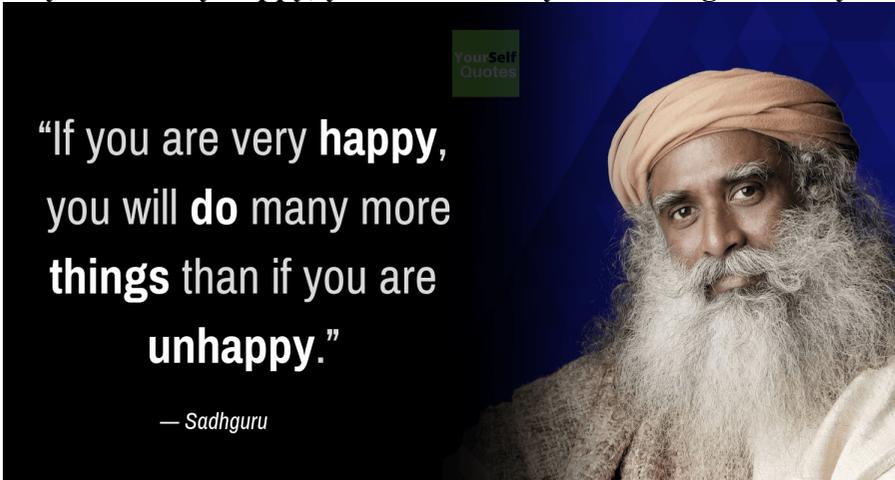
“Most of your desires are not really about yourself. You just picked them up from your social surroundings.” — **Sadhguru**



“Most of your **desires** are not really about yourself. You just **picked** them up from your social **surroundings**.”

— Sadhguru

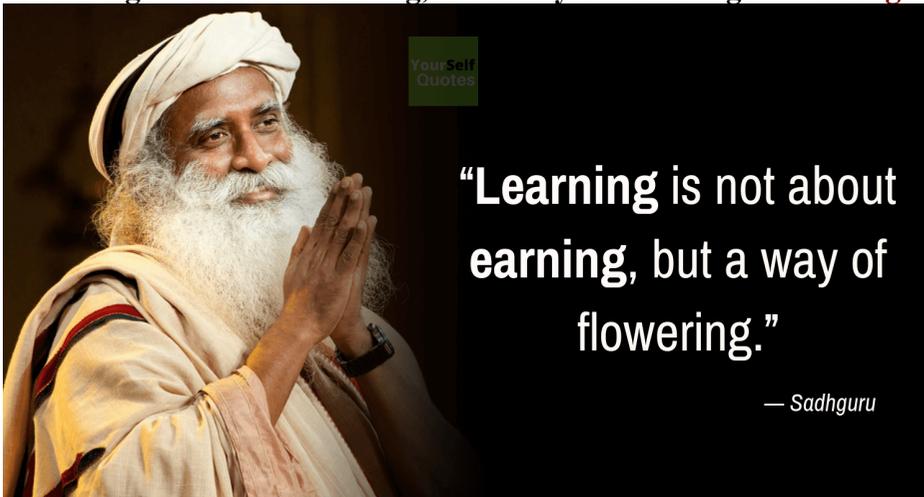
“If you are very happy, you will do many more things than if you are unhappy.” — **Sadhguru**



“If you are very **happy**, you will **do** many more **things** than if you are **unhappy**.”

— Sadhguru

“Learning is not about earning, but a way of flowering.” — **Sadhguru**



“**Learning** is not about **earning**, but a way of **flowering**.”

— Sadhguru

“Once you are clear about what you are doing and why, other people’s opinions will not matter.” — **Sadhguru**

## ONCE YOU ARE CLEAR ABOUT WHAT YOU ARE DOING AND WHY



— Sadhguru

## OTHER PEOPLE'S OPINIONS WILL NOT MATTER

“When you are all-inclusive, your experience of your existence becomes beautiful, and that is why you are joyful.” — **Sadhguru Jaggi**

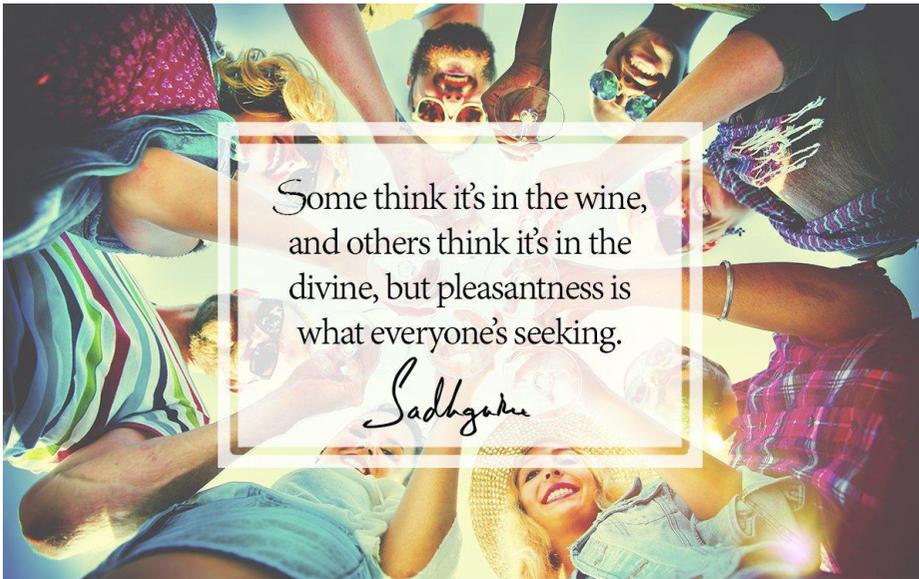
“Do you want to look good or feel good? How wonderful you feel within yourself is most important.” — **Sadhguru**



“Do you want to look good or feel good? How wonderful you feel within yourself is most important.”

— Sadhguru

“Some think it’s in the wine, and other think it’s in the divine, but pleasantness is what everyon’s seeking..” — **Sadhguru**



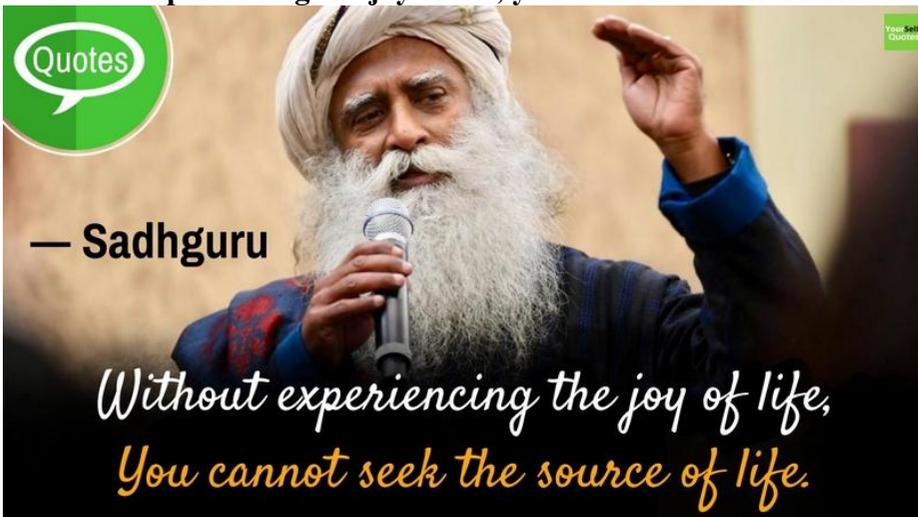
Some think it's in the wine,  
and others think it's in the  
divine, but pleasantness is  
what everyone's seeking.

*Sadhguru*

**“The way people are living today, I would say, never do unto others what you do unto yourself.”**

**— Sadhguru Jaggi**

**“Without experiencing the joy of life, you cannot seek the source of life.” — Sadhguru**



**— Sadhguru**

*Without experiencing the joy of life,  
You cannot seek the source of life.*

**“Don't hold back your love, your joy, and your exuberance. Only what you give becomes your quality, not what you hold back.” — Sadhguru Jaggi**

**“Even if I am with a million people, I am always alone. I do not see people as people. I see them as myself.” — Sadhguru**

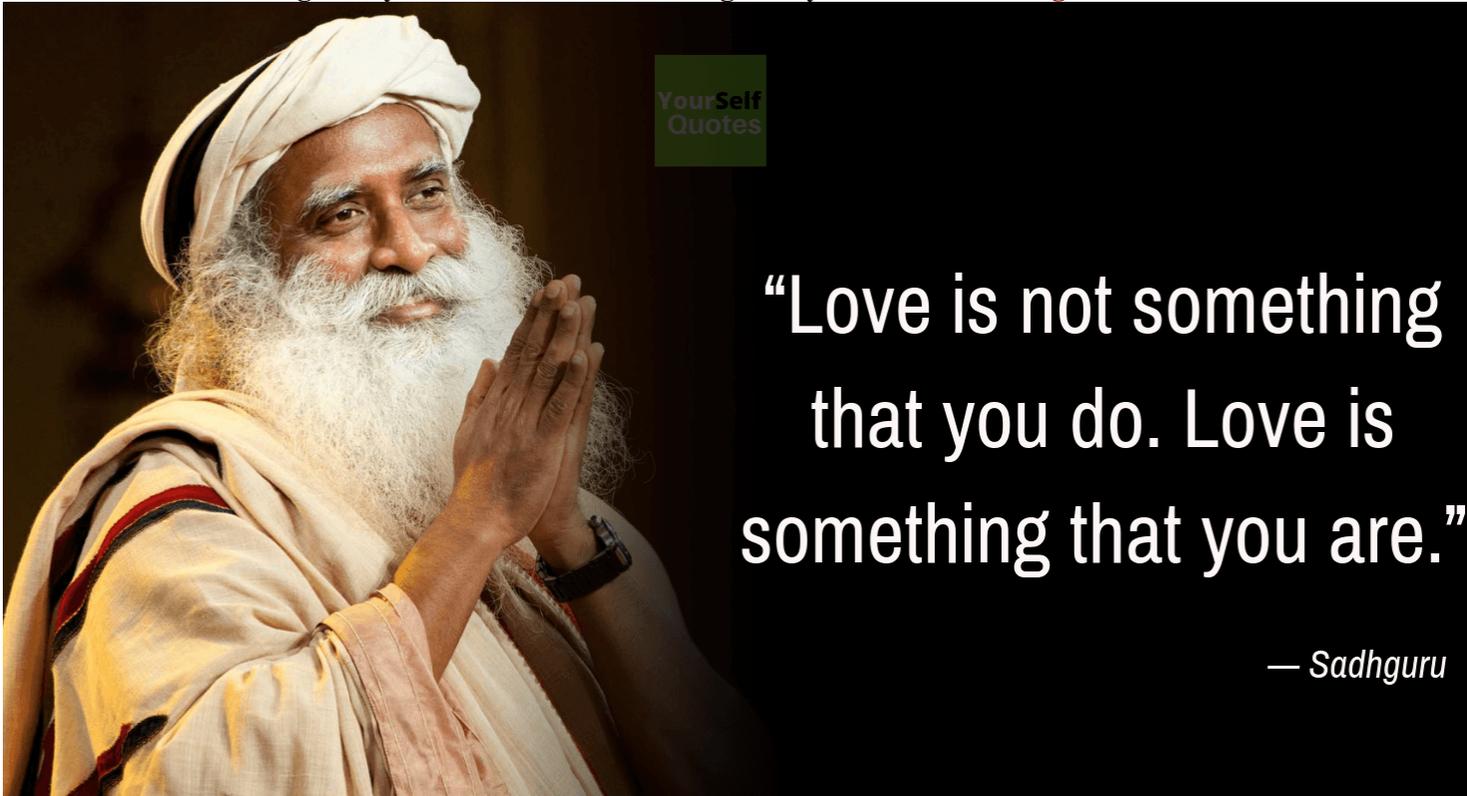


**Even if I am with a million people,  
I am always alone. I do not see people  
as people. I see them as myself.**

*— Sadhguru*

“You cannot live here without trusting existence. If you trust consciously, lovingly, that’s devotion.” — **Sadhguru Jaggi**

“Love is not something that you do. Love is something that you are.” — **Sadhguru**

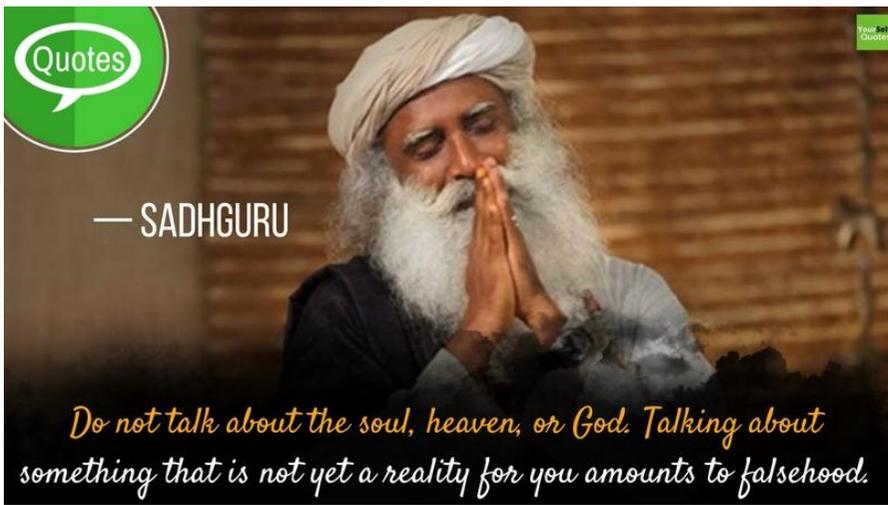


**“Love is not something  
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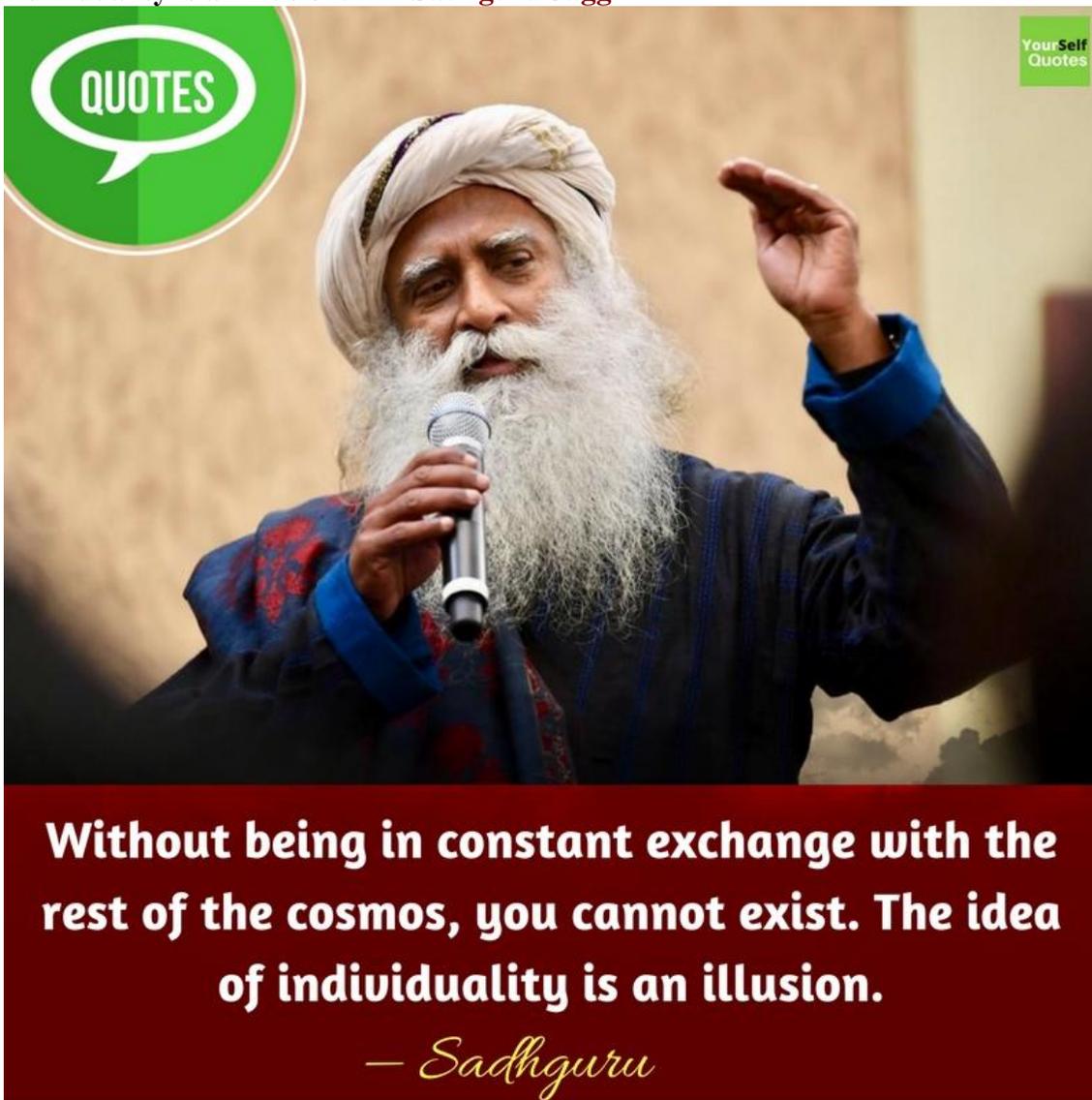
*— Sadhguru*

“If you do what you like with 100% involvement, what you don’t like, you must do with 200% involvement. That’s breaking limitations.” — **Sadhguru Jaggi**

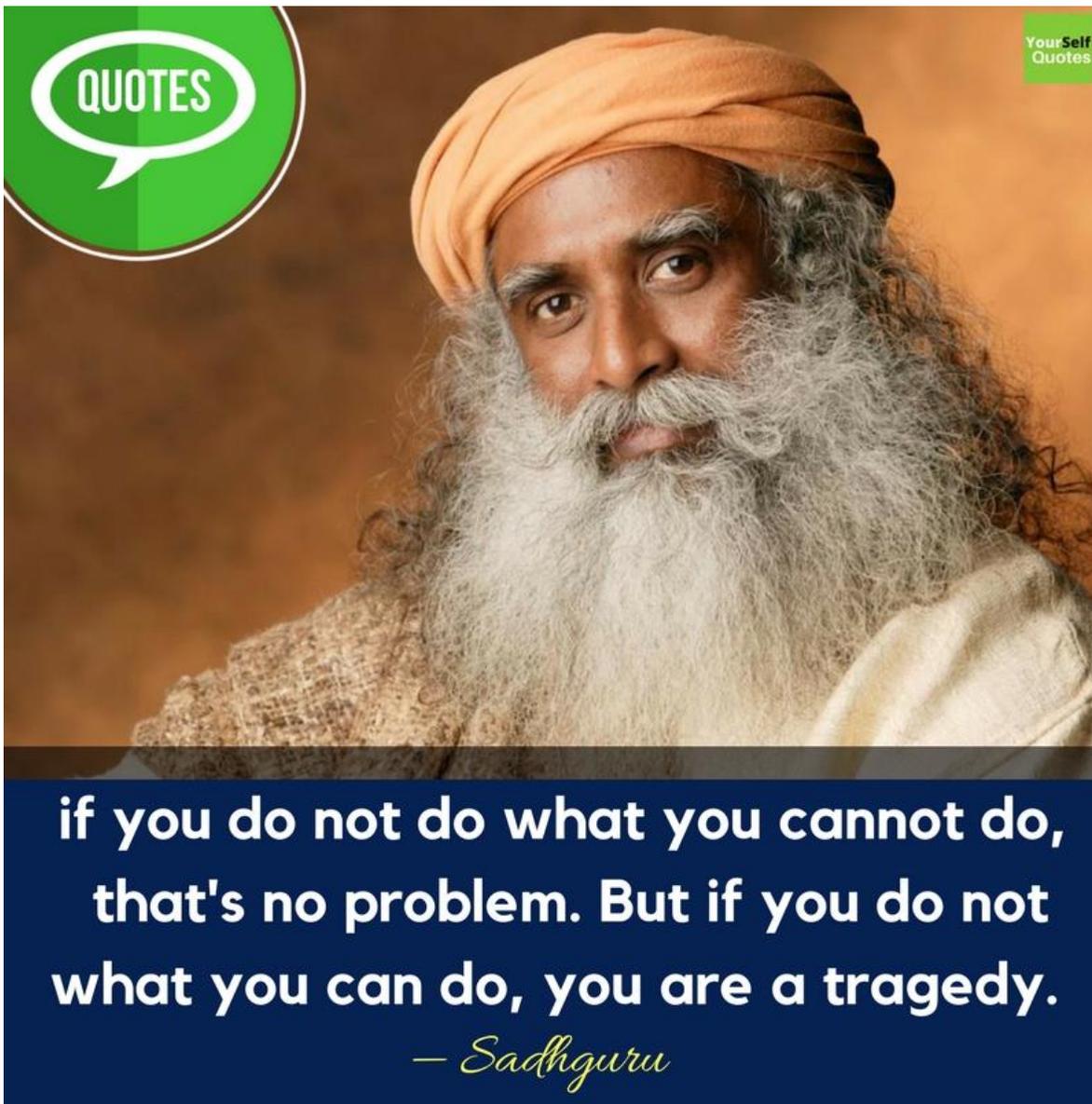
“Do not talk about the soul, heaven, or God. Talking about something that is not yet a reality for you amounts to falsehood.” — **Sadhguru Jaggi**



“If you use your mind as a memory bank, the past will repeat itself in cycles. If your mind becomes pure attention, you will know everything that is worth knowing.” — **Sadhguru Jaggi**  
 “Without being in constant exchange with the rest of the cosmos, you cannot exist. The idea of individuality is an illusion.” — **Sadhguru Jaggi**



“Our lives become beautiful not because we are perfect. Our lives become beautiful because we put our heart into whatever we do.” — **Sadhguru Jaggi**  
 “if you do not do what you cannot do, that’s no problem. But if you do not what you can do, you are a tragedy.” — **Sadhguru**



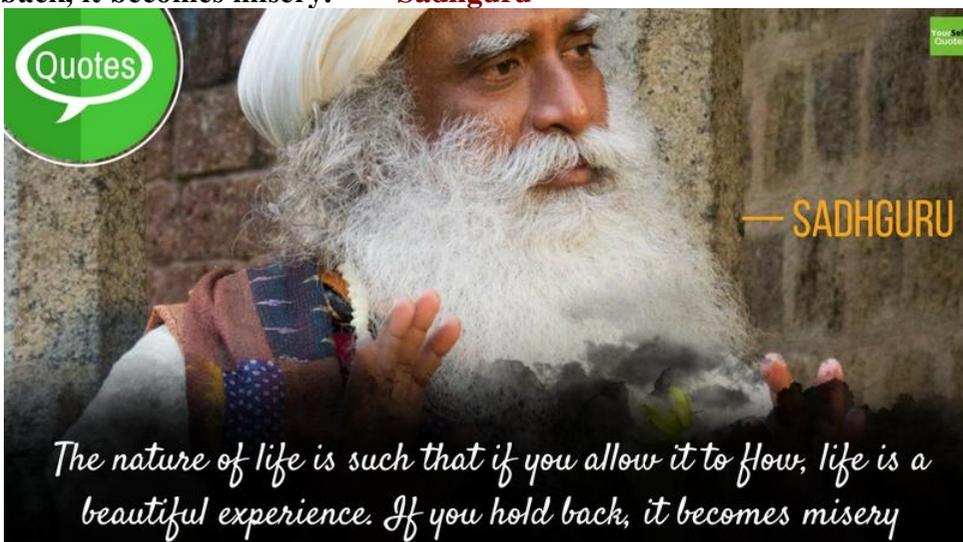
“Love and hate are two sides of the same coin. Any moment, it can flip the other way. One can become the other.” — **Sadhguru Jaggi**

“May your life happens out of your own clarity and ability, not by chance or out of the compassion and kindness or others.” — **Sadhguru Jaggi**



“Every human being is capable of living absolutely blissfully within himself..” — **Sadhguru Jaggi**

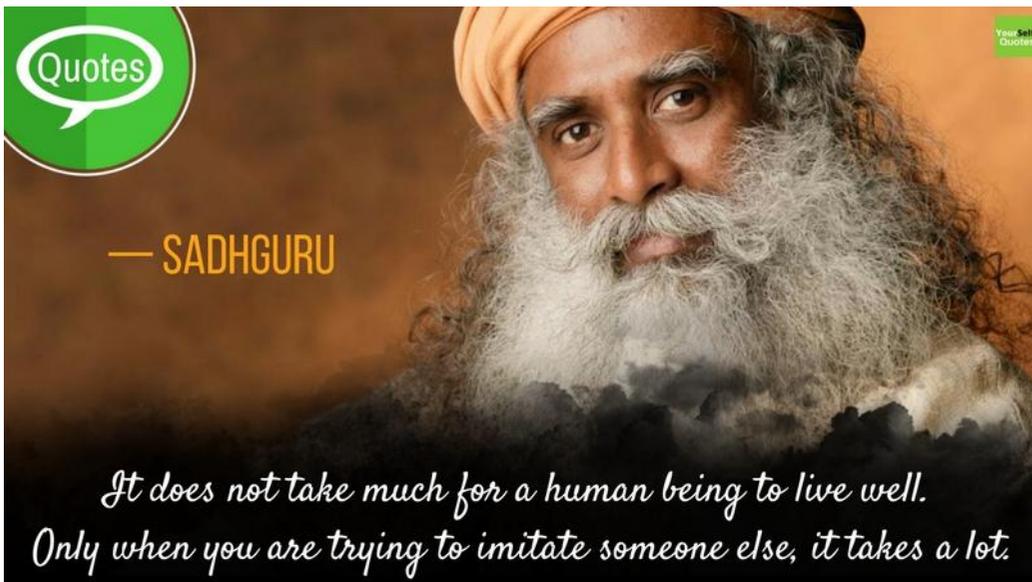
“The nature of life is such that if you allow it to flow, life is a beautiful experience. If you hold back, it becomes misery.” — **Sadhguru**



“Passion is focused on one thing – therefore it burns out at some point. Compassion includes everything – it has so much fuel to burn that it does not die out.” — **Sadhguru Jaggi**

“It is time we choose quality over quantity in our lives, in every sense. Only then we can save the planet.” — **Sadhguru Jaggi**

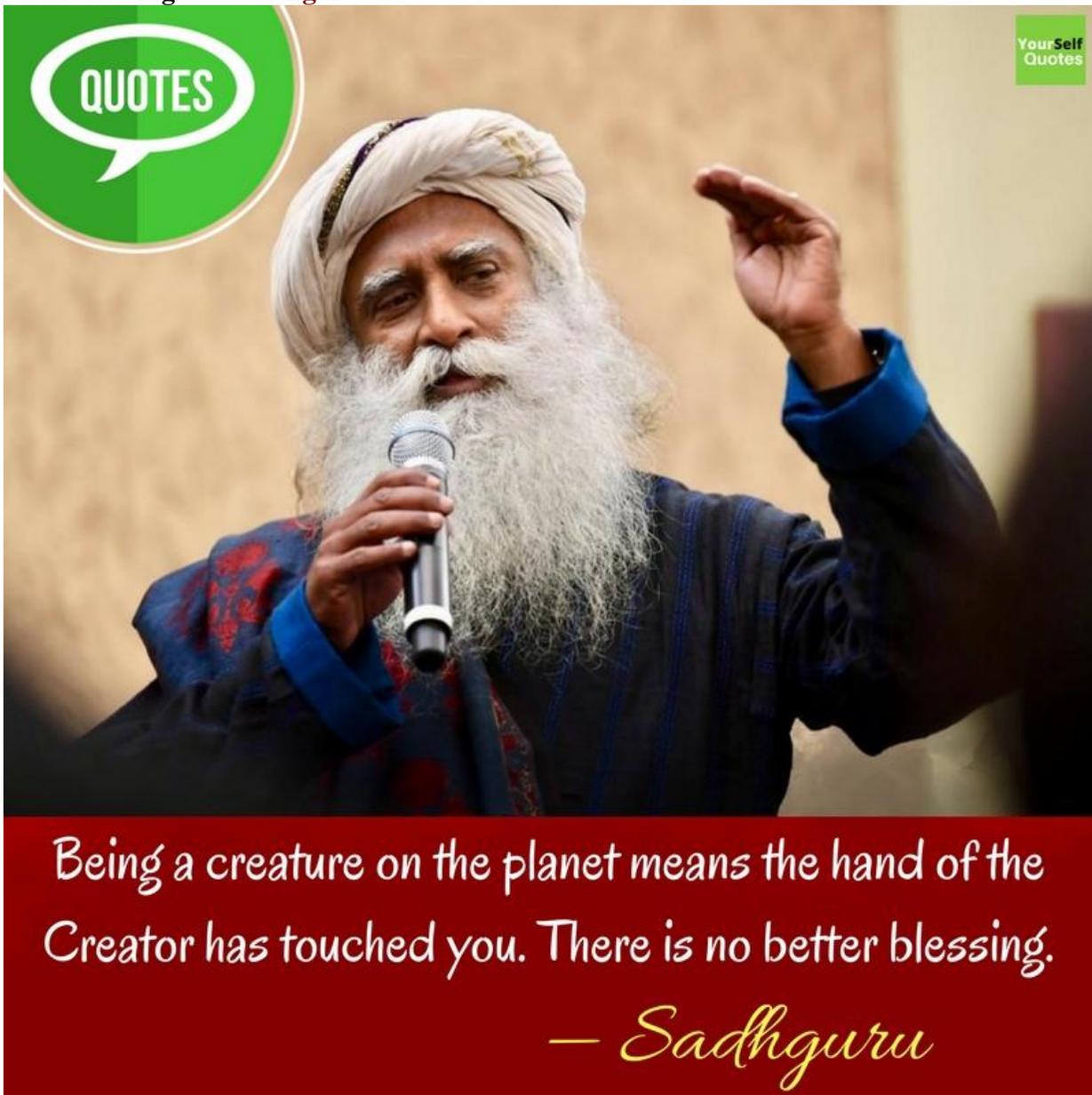
“It does not take much for a human being to live well. Only when you are trying to imitate someone else, it takes a lot.” — **Sadhguru Jaggi**



“If you allow the source of creation within you to find expression, joyful is the only way you can be. May you know the fulfillment of making all that you touch joyful.” — **Sadhguru Jaggi**

“Do not do what you like – do what the world needs. Doing what you like is not freedom. Likes and dislikes are compulsive.” — **Sadhguru Jaggi**

“Being a creature on the planet means the hand of the Creator has touched you. There is no better blessing.” — **Sadhguru**



“It is not the amount of action but the depth of experience that makes life rich and fulfilling.” — **Sadhguru Jaggi**

“Everything comes from the same source. You can be at absolute ease only if you experience yourself as a part of existence, not as a separate individual.” — **Sadhguru Jaggi**



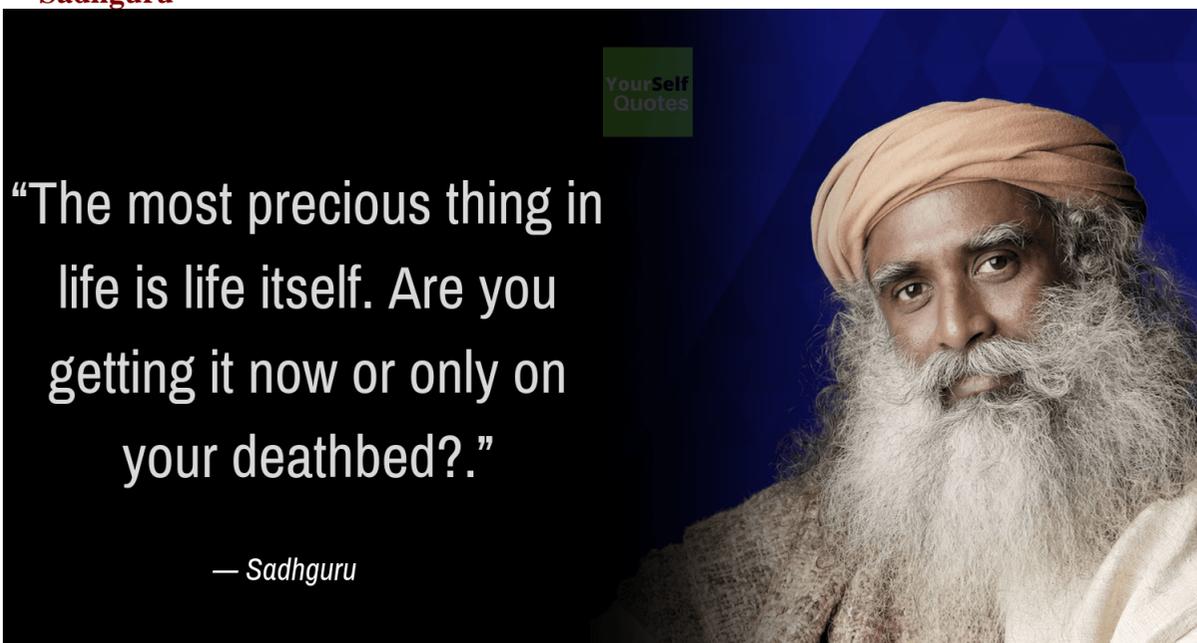
Everything comes from the same source. You can be at absolute ease only if you experience yourself as a part of existence, not as a separate individual.

— *Sadhguru*

“External circumstances can only cause you physical pain. Suffering is created in your mind.” — **Sadhguru Jaggi**

“If we are in tune with the fundamental laws of nature, we will enjoy the process of life. Otherwise, suffering is inevitable.” — **Sadhguru Jaggi**

“The most precious thing in life is life itself. Are you getting it now or only on your deathbed?.” — **Sadhguru**



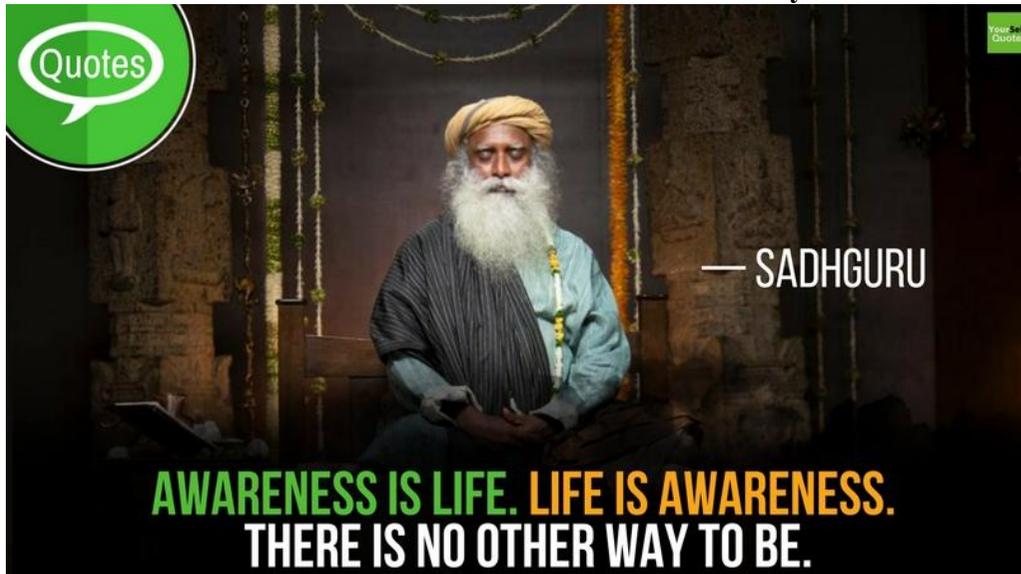
“The most precious thing in life is life itself. Are you getting it now or only on your deathbed?.”

— *Sadhguru*

“I want you to know the power, the liberation of another kind of science – the inner science, the yogic science – through which you can become the master of your destiny.” — **Sadhguru Jaggi**  
 “If all your energies are focused in one direction, enlightenment is not far away. After all, what you are seeking is already within you.” — **Sadhguru Jaggi**

### Sadhguru Quotes on Life

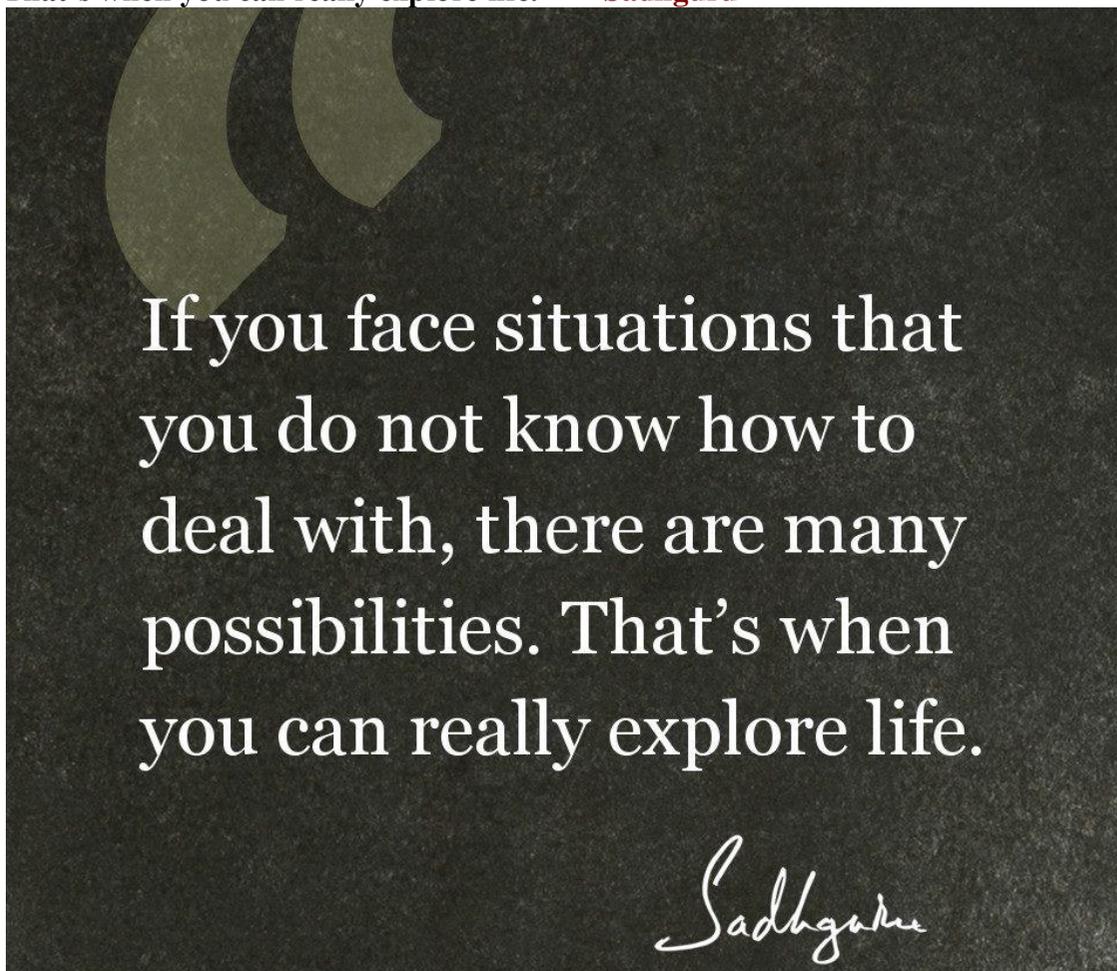
“Awareness is life. Life is awareness. There is no other way to be.” — **Sadhguru**



“Do not settle for a limited experience of life. Where there is a limitation, there is a possibility of breaking it.” — **Sadhguru Jaggi**

“If you knew the true nature of your existence, you could play the drama of life whichever way you want, to whatever extent you want.” — **Sadhguru Jaggi**

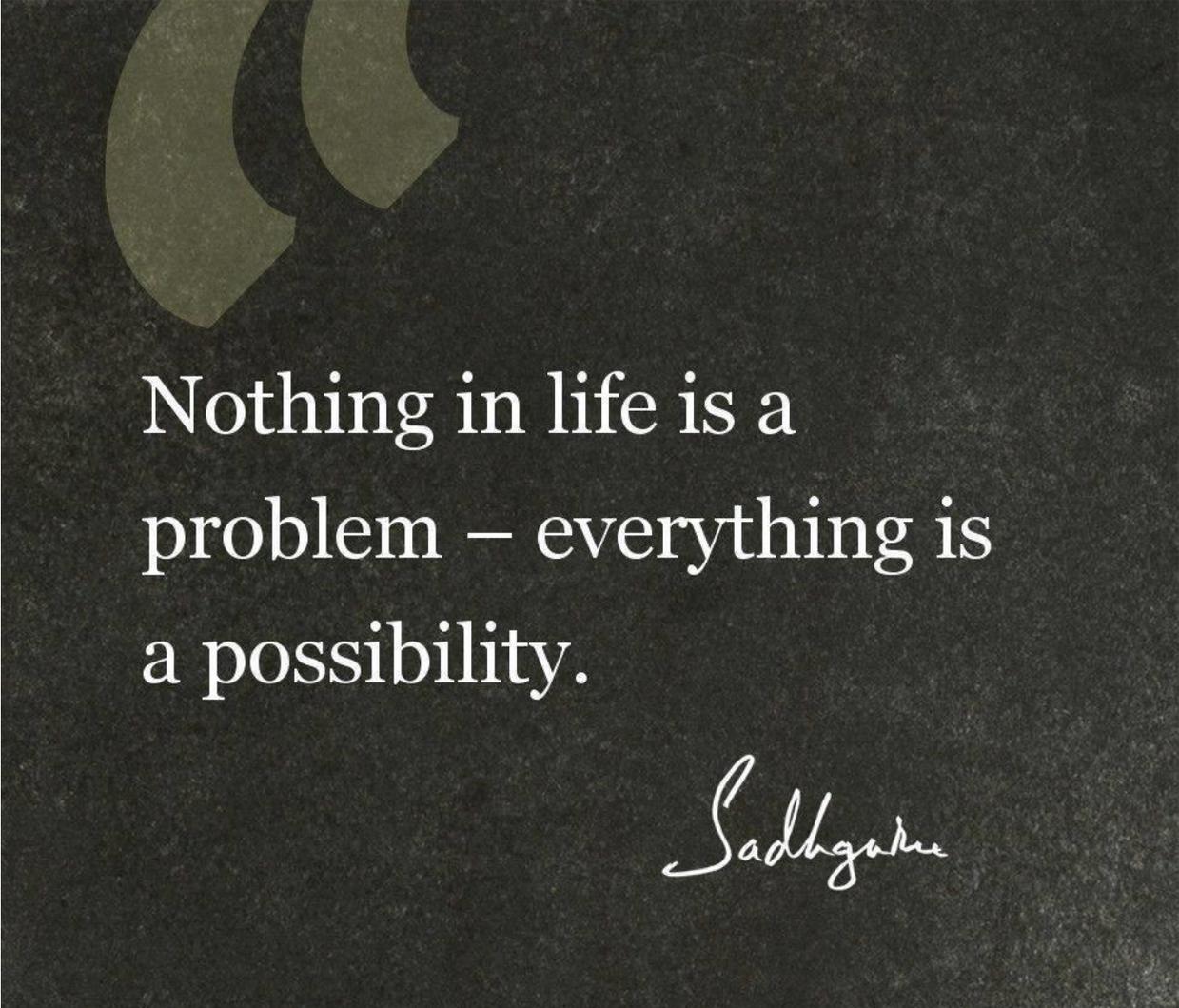
“If you face situations that you do not know how to deal with, there are many possibilities. That’s when you can really explore life.” — **Sadhguru**



“Life is just a certain amount of time and energy. Putting this time and energy to maximum use for everyone’s wellbeing is all that matters.” — **Sadhguru Jaggi**

“Life is very simple for me. What I know, I know perfectly well. What I do not know, I just do not know – I don’t do any guesswork.” — **Sadhguru Jaggi**

**“Nothing in life is a problem – everything is a possibility.” — Sadhguru**



Nothing in life is a  
problem – everything is  
a possibility.

*Sadhguru*

**“Everyone must have at least a simple spiritual process in their lives. Without this stabilizing factor, economic development will not mean the better life.” — Sadhguru Jaggi**

**“What your consciousness is intensely focused on is what will manifest in your life and in the world around you.” — Sadhguru Jaggi**

**“If human beings were experiencing life beyond the physical, violence would go down dramatically.” — Sadhguru Jaggi**

**“A child is someone who is fresh from the Divine works. Try not to teach but imbibe the ways of the Divine.” — Sadhguru Jaggi**

**“You need to know when to use logic and when not. All the beautiful things in life look stupid if you logically analyze them.” — Sadhguru Jaggi**

**“You don’t have to do anything, you don’t have to think anything, you don’t have to feel anything to be**

**complete. You are complete by yourself.” — Sadhguru Jaggi**

**“Spiritual process is not for the dead or the dying. It is for the living who want to become fully alive in all dimensions of life.” — Sadhguru Jaggi**

**“You do not have to pursue something intensely; you as a being should become very intense.” — Sadhguru**



“A human is not a being, he is a becoming, he is an ongoing process, nothing is fixed. You can be whichever way you want to be.” — **Sadhguru Jaggi**

“If you want to know whether you are moving forward in life, just see if you are a little more joyful today than you were yesterday.” — **Sadhguru Jaggi**

“Every moment of your life, you perform an action – physically, mentally, emotionally, and energy-wise. Each action creates a certain memory.” ‘That is Karma.’ — **Sadhguru Jaggi**



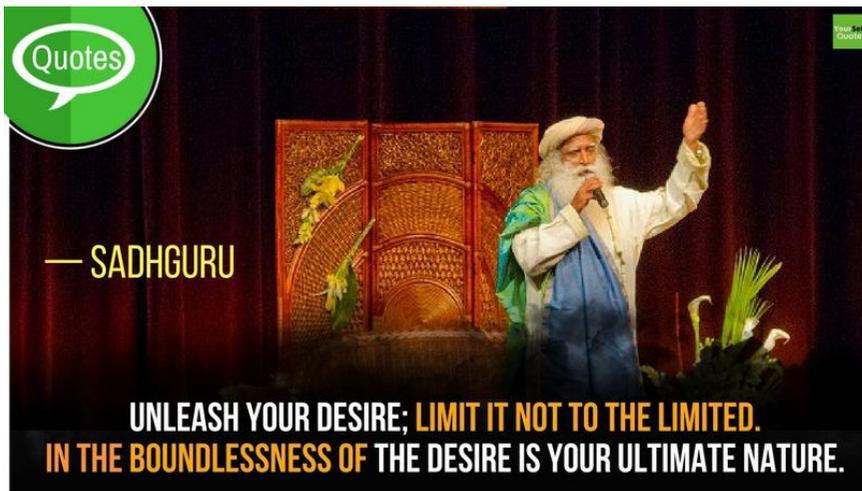
**Every moment of your life, you perform an action – physically, mentally, emotionally, and energy-wise. Each action creates a certain memory. That is Karma**

— *Sadhguru*

“Looking at everything through your phone is only numbing your perception – it does not really enhance your experience of life in any way.” — **Sadhguru Jaggi**

“Only if the younger generation does things that the parents never imagined possible, can a society evolve?” — **Sadhguru Jaggi**

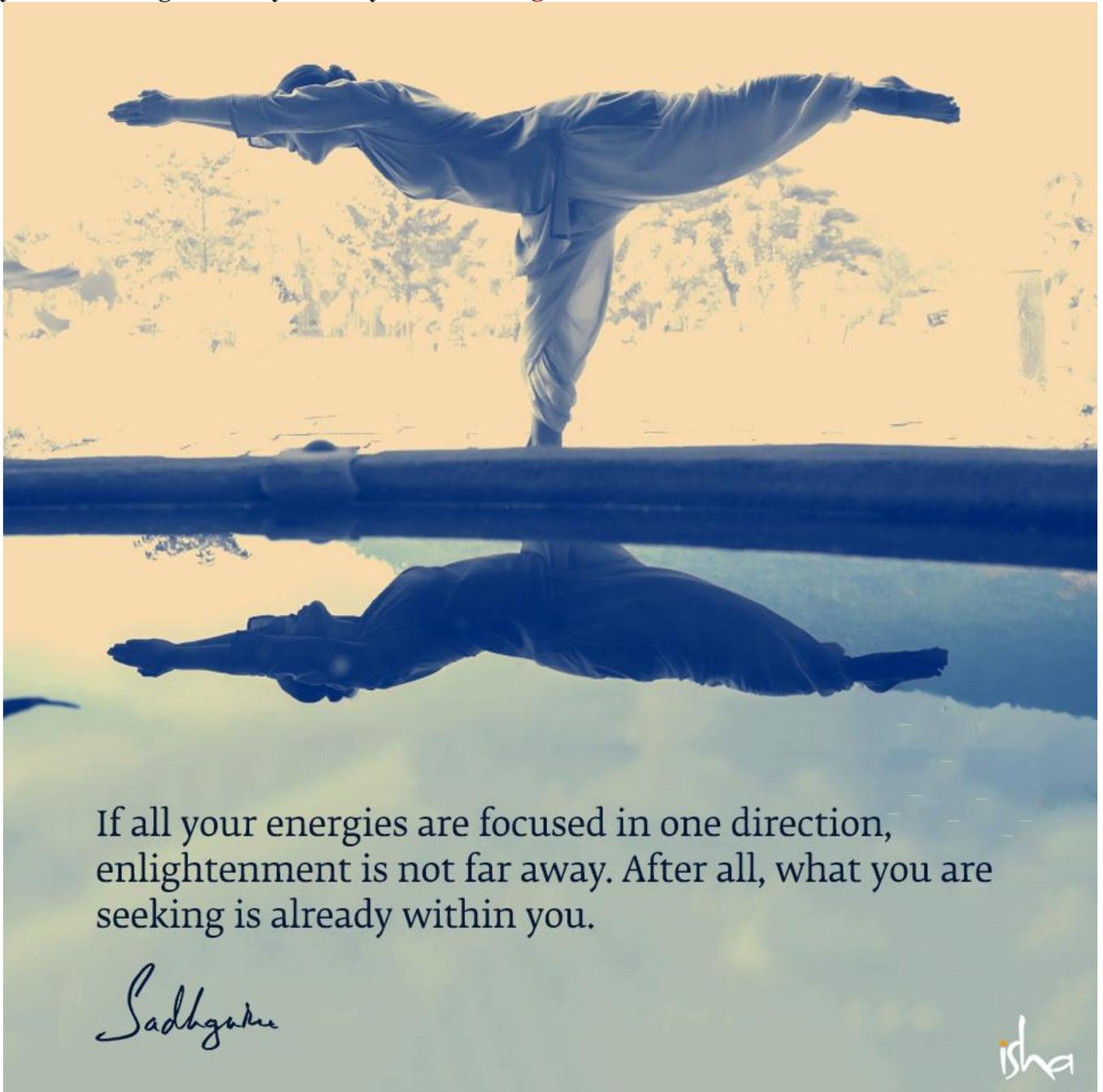
“Unleash your desire; limit it not to the limited. In the boundlessness of the desire is your ultimate nature.” — **Sadhguru**



“Nature gave you this intelligence to seek and access the Infinite, not to calculate in limited numbers.” — **Sadhguru Jaggi**

“Wherever you may be, whatever you may be, if you are willing to strive, you can evolve yourself beyond the limitations of nature.” — **Sadhguru Jaggi**

“If all your energies are focused in one direction, enlightenment is not far away. After all, what you are seeking is already within you..” — **Sadhguru**



“Whatever is your highest, you just contemplate upon that. Your inner and outer purity will happen naturally.” — **Sadhguru Jaggi**

“Being together is the beginning. Working together in the middle. Dissolving together is the ultimate. My idea of “together” is seven billion people.” — **Sadhguru Jaggi**

“The physical body has its own memory. Intimacy without commitment leads to disorganization of the human being, and in turn to disorganization of society.” — **Sadhguru Jaggi**

“There is too much talk about divine love, divine bliss, and divine peace. Love, bliss, and peace are all human qualities. Why export them to heaven?” — **Sadhguru Jaggi**

“Once your mind becomes absolutely still, your intelligence transcends human limitations.” — **Sadhguru Jaggi**

“Mysticism is not a technology for enlightenment. Mysticism is pure science – an exploration of existence.” — **Sadhguru Jaggi**

“Putting the well-being of others above your own creates a different kind of strength, a strength that will carry you through life and beyond.” — **Sadhguru Jaggi**

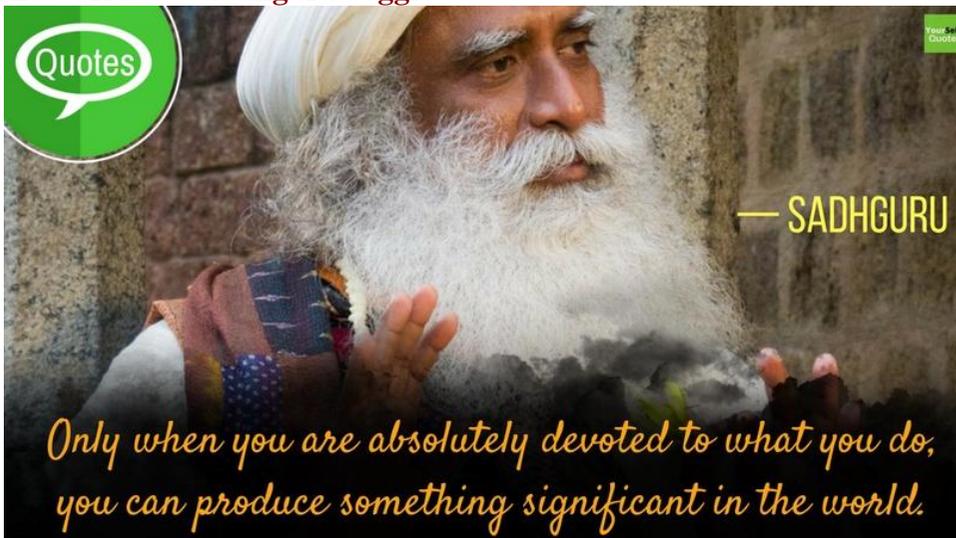
“Whatever happens to you, you can either see it as a curse and suffer it, or you can see it as a blessing and make use of it.” — **Sadhguru Jaggi**

“My work is to bring clarity. Once you clearly see that the whole universe is one, everything about you and your relationship with existence will change.” — **Sadhguru Jaggi**

“Do not settle for a limited experience of life. Where there is a limitation, there is a possibility of breaking it” — **Sadhguru Jaggi**

“Every particle in your body works hand in hand with the universe.” — **Sadhguru Jaggi**

“Only when you are absolutely devoted to what you do, you can produce something significant in the world.” — **Sadhguru Jaggi**



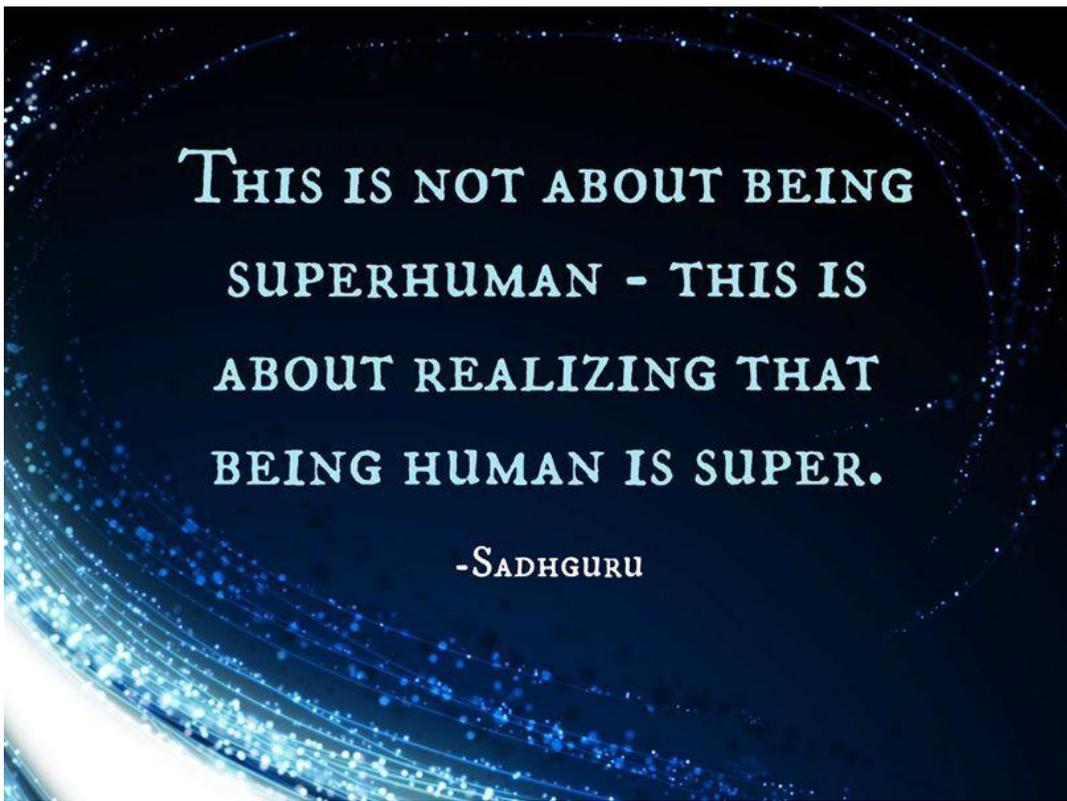
“My only intention is that you blossom into a full-fledged life because that’s all life is about” — **Sadhguru Jaggi**

“The earth is the basis of life. Spending some time touching soil, plants, or trees will harmonize your system” — **Sadhguru Jaggi**

“The earth is the basis of life. Spending some time touching soil, plants, or trees will harmonize your system” — **Sadhguru Jaggi**

“Whatever is most needed right now, that’s what we should do in the world” — **Sadhguru Jaggi**

“This is not about being superhuman – this is about realizing that being human is super.” — **Sadhguru**



**“It is a lack of human consciousness that has rendered Mother Earth, the very basis of our existence, into a commodity with an expiry date. Let our time on Earth be the best time; we must act now.” — Sadhguru Jaggi**

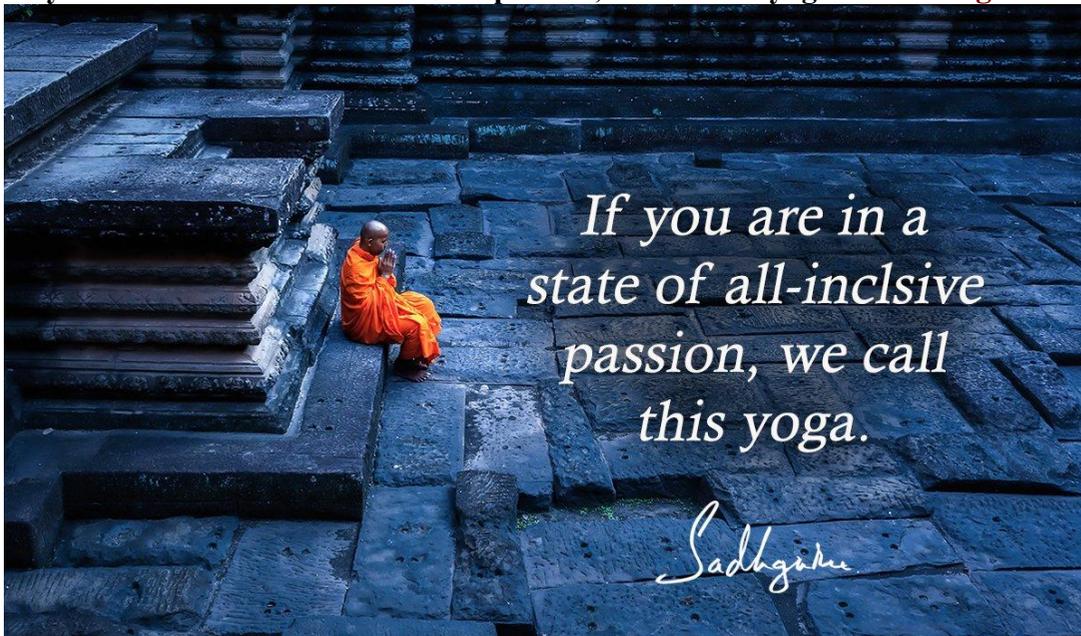
**“You cannot live here without trusting existence. If you trust consciously, lovingly, that’s devotion.” — Sadhguru Jaggi**

**“Believing gives you comfort, solace, and a sense of belonging, but there will be no courage and commitment to seek what is true.” — Sadhguru**



### Sadhguru's Quotes on Yoga

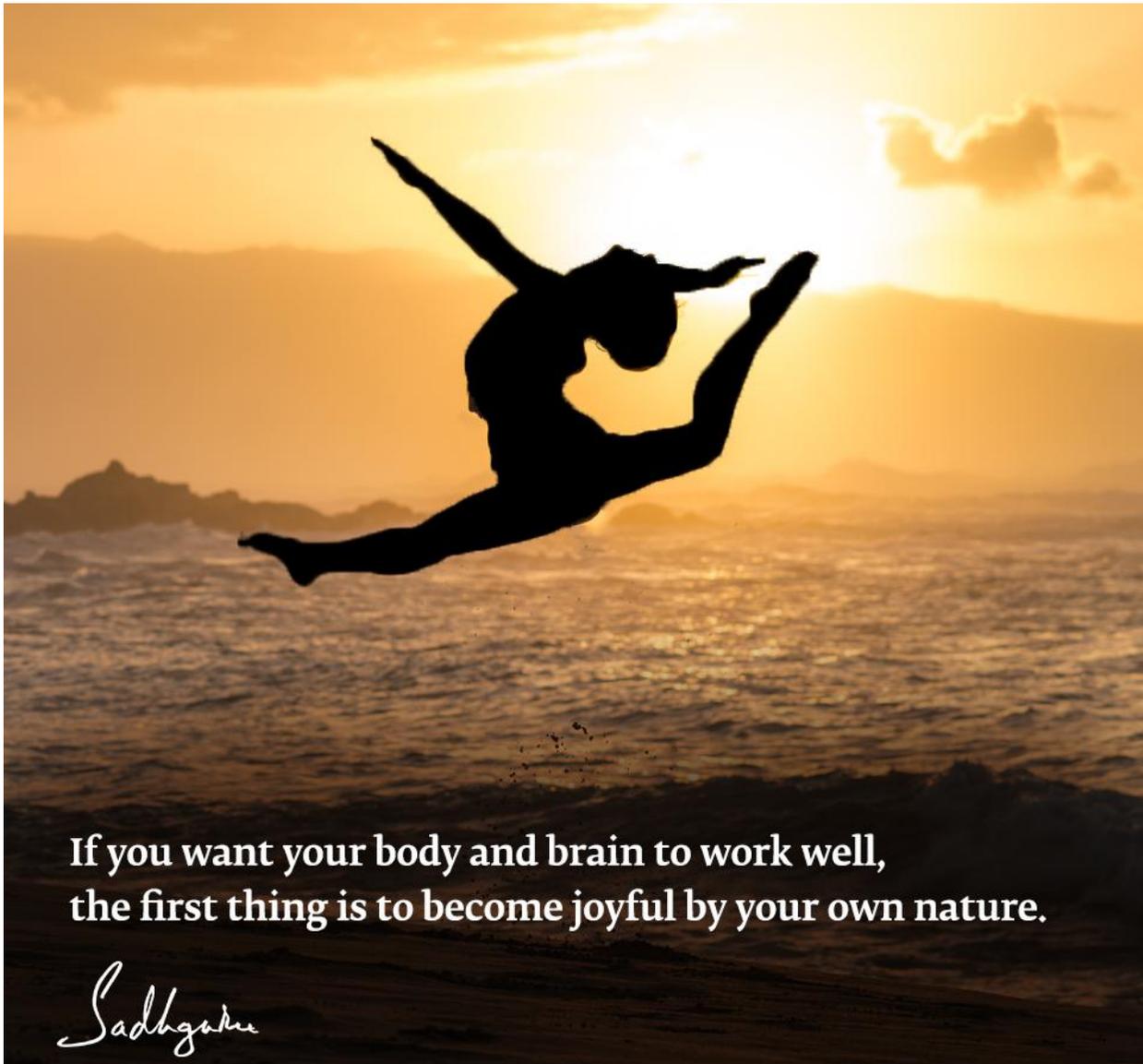
“If you are in a state of all-inclusive passion, we call this yoga.” — **Sadhguru**



“Yoga is not just exercise system. Yoga is the Science of obliterating the boundaries of individuality to know the universality of one's existence.” — **Sadhguru Jaggi**

“You don't go to a Guru for solace. He is not a tranquilizer-he is there to awaken you.” — **Sadhguru Jaggi**

“If you want your body and brain to work well, the first thing is to become joyful by your own nature.” — **Sadhguru Jaggi**



“Neither health nor joy can be created from outside. There may be external stimuli, but essentially, both come from within.” — **Sadhguru Jaggi**

“Health yoga should not be taught as an exercise from but as a live process; then asanas will lead to ecstatic states.” — **Sadhguru Jaggi**

Hatha Yoga should not be taught as an exercise form but as a live process; then asanas will lead to ecstatic states.

*Sadhguru*

“How healthy and strong a body you have and how dynamic and sharp a mind is what will take you through life.” — **Sadhguru Jaggi**

“The very way you breathe, sit, stand, eat, walk, work – everything can become yoga. You can use any process of life to transcend your limitations.” — **Sadhguru Jaggi**

**Also Read:** [Inspirational Yoga Quotes and Slogans](#)

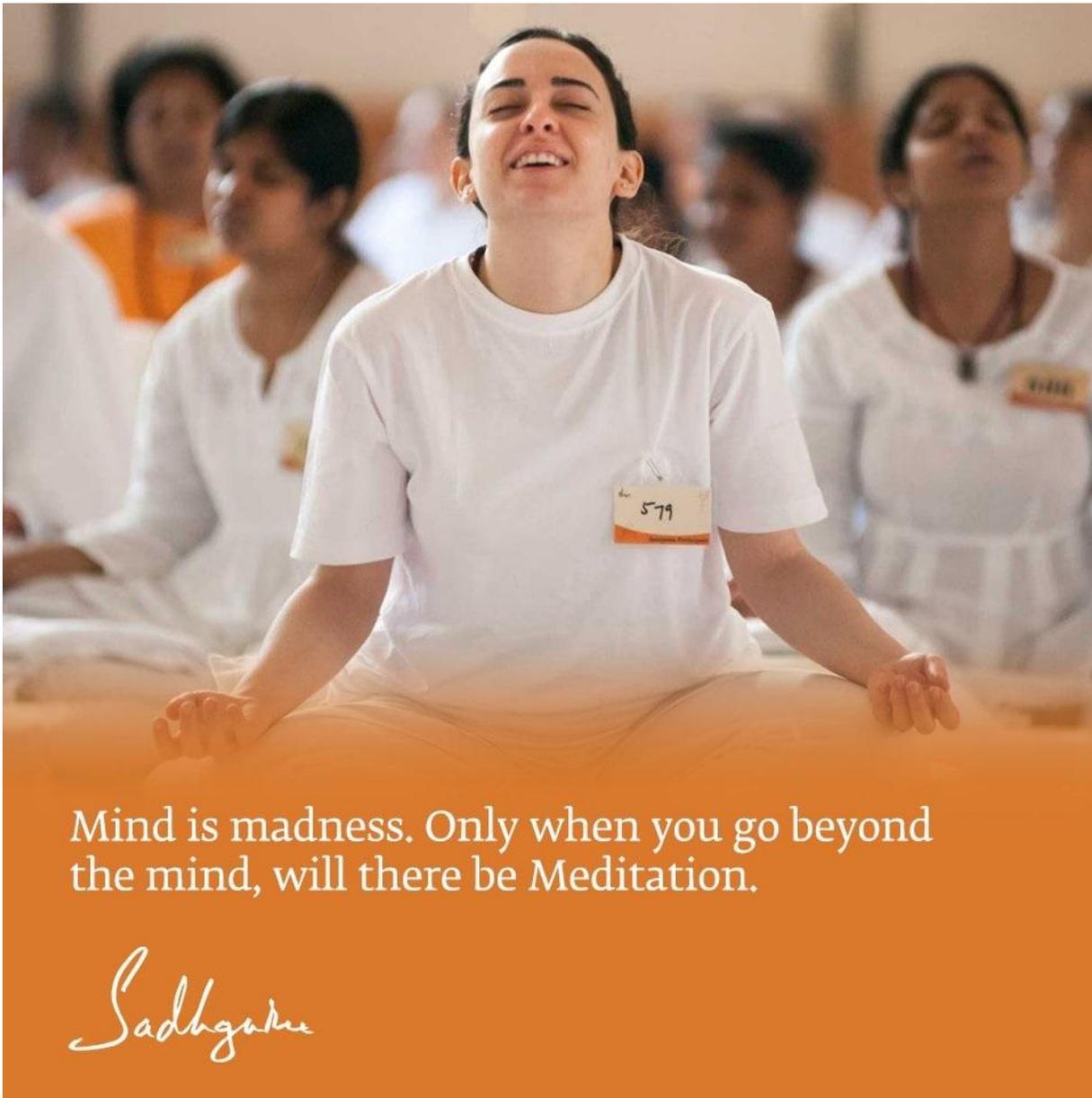
“If we do not work for individual transformation, if we do not look for ways of making the individual peaceful, talking about world peace is just one more entertainment in the world.” — **Sadhguru Jaggi**

“Don’t go searching for a Guru. When the pain of ignorance within you becomes a scream, a Guru will come in search of you.” — **Sadhguru Jaggi**



### **Sadhguru's Quotes on Meditation**

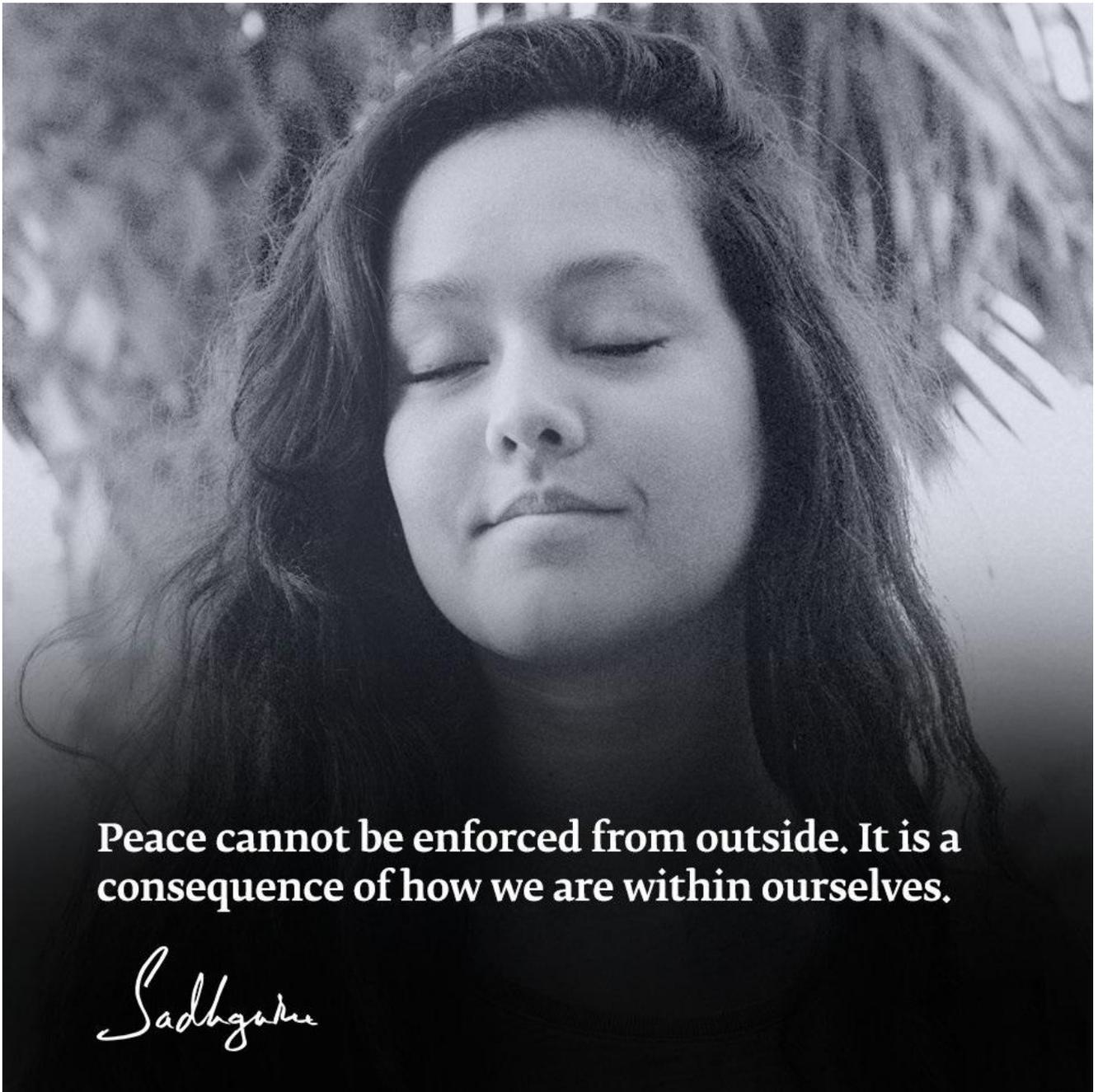
“The mind is madness. Only when you go beyond the mind, will there be Meditation.” — **Sadhguru**



Mind is madness. Only when you go beyond  
the mind, will there be Meditation.

*Sadhguru*

**“Meditation means dissolving the invisible walls that unawareness has built.” — Sadhguru Jaggi**  
**“Peace cannot be enforced from outside. It is a consequence of how we are within ourselves.” —**  
**Sadhguru Jaggi**



**Peace cannot be enforced from outside. It is a consequence of how we are within ourselves.**

*Sadhguru*

**“Meditation is the only way to freedom from stress as it is a dimension beyond the mind. All the stress and struggle are of the mind.” — Sadhguru Jaggi**

**“The mind is not only memory – it is a window to consciousness. Memory is just the information you gathered. Consciousness contains the whole cosmos.” — Sadhguru Jaggi**

**“Taking care of the environment is not an obligation – our environment is our life.” — Sadhguru**



*Credit:- Quotes or Images official [Facebook](#), [Twitter](#), Pages:- “Sadhguru & isha”*

### **Final Words:-**

**Sadha Guru** has shown his great dedication toward life and society through his wisdom and work. His life teaches us that “do not dead about your life just live it and play it”. We have read all of [Quotes by Sadhguru](#) which really inspire us to live life with full of energy.

Dear readers, I think you liked most of the thing about him but let us know why you like him the most. Please comment and tell us that you have still something to show the world, and one day you will prove it.

### **Additional Reading:**

- [The Art of Living Quotes By Sri Sri Ravi Shankar](#)
- [Mahatma Gandhi Quotes to Uplift our Thoughts](#)
- [APJ Abdul Kalam Quotes Words that will inspire You](#)

<https://www.yourselfquotes.com/sadhguru-jaggi-vasudev-quotes-and-biography/>